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Olympic Wushu, Fencing, and Bodybuilding: Competition & 6×6 Program

Wushu (Olympic/Competition Format)

- Wushu competitions include *taolu* (routines) and *sanda* (sparring).
- *Taolu* events are judged on difficulty, movement quality, and overall performance, with compulsory and optional routines depending on age and event[1] [2].
- Group events (*jiti*) require at least 6 participants, emphasizing synchronization; time limits vary by routine type, typically 1–4 minutes[2] [3].

Fencing (Olympic/Competition Format)

- Olympic fencing includes three weapons: foil, épée, and sabre.
- Matches are structured as individual or team bouts, with points scored for valid touches.
- Bouts are fast-paced and demand agility, precision, and tactical skill.

Bodybuilding 6×6 Program

- The 6×6 bodybuilding workout involves 6 sets of 6 reps across 6 exercises, often used for full-body training[4].
- Typical structure:
  - 6 sets x 6 reps per exercise
  - Short rest intervals (~45 seconds)
  - Focuses on muscle hypertrophy, strength, and endurance

Sample 6×6 Full-Body Workout

- Squat
- Bench Press
- Deadlift
- Pull-Up or Lat Pulldown
- Barbell Row
- Overhead Press

This style of training is popular in competitive bodybuilding for building muscle density and improving work capacity[4].

Summary Table

Sport	Competition Format	6×6 Program Role
Wushu	Routines, group/dual events, judged	Not typical

Sport	Competition Format	6×6 Program Role
Fencing	Individual/team bouts, scored	Not typical
Bodybuilding	Posed competition, judged physique	Muscle-building method [4]

For bodybuilding, the 6×6 program is a proven approach to increase muscle mass and strength, while wushu and fencing focus on skill, technique, and performance in their respective competitions.

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5×5 Bodybuilding Program Overview

The 5×5 bodybuilding program is a proven strength and muscle-building routine focused on compound barbell lifts. It's simple, effective, and ideal for athletes in sports like wushu and fencing who need a strong, balanced physique.

Core Principles

- Perform 5 sets of 5 reps (5×5) for most exercises, using heavy weights and focusing on progression.
- Train three times per week, with at least one rest day between sessions for recovery and muscle growth [5] [6].
- Emphasizes major compound movements to work the entire body efficiently [5] [6] [7].

Typical Weekly Structure

Workout A	Workout B
Squat 5×5	Squat 5×5
Bench Press 5×5	Overhead Press 5×5
Barbell Row 5×5	Deadlift 1×5

- Alternate between Workout A and B each session, e.g., Monday (A), Wednesday (B), Friday (A), then swap the next week [6] [5].
- Deadlifts are performed for only 1 set of 5 reps due to their high demand on the body [5] [6].

Key Exercises

- Barbell Back Squat
- Barbell Bench Press
- Barbell Deadlift
- Barbell Overhead Press
- Barbell/Bent-Over Row

Progression

- Add weight to each lift every session if all sets and reps are completed with good form[5] [6].

Benefits

- Builds foundational strength and muscle mass
- Improves athletic performance for sports requiring power and stability
- Efficient for busy schedules, with short, focused workouts[6] [8]

This program is especially effective for athletes who want to increase strength, muscle size, and overall athleticism[5] [6] [7].

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5×5 Bodybuilding Program for Women

The 5×5 program is highly effective and well-suited for women aiming to build strength, muscle, and overall fitness. It centers on five sets of five reps of compound lifts, performed three times a week on non-consecutive days[9] [10] [11].

Key Features

- **Exercises:** Focuses on compound movements-squat, bench press, deadlift, overhead press, and barbell row[9] [10] [11].
- **Progression:** Gradually increase the weight each week, typically by 2.5 kg (5 lbs) total, as long as you complete all reps with good form[9].
- **Rest:** Take 2–3 minutes between sets to recover, especially as weights get heavier[9].
- **Adaptability:** The program works for women of all levels, but beginners may benefit from starting with higher reps and lighter weights to master technique before progressing to heavier loads[9] [12].

Typical Weekly Structure

Workout A	Workout B
Squat 5×5	Squat 5×5
Bench Press 5×5	Overhead Press 5×5
Barbell Row 5×5	Deadlift 1×5

Alternate A and B across three weekly sessions (e.g., Mon/Wed/Fri)[11].

Benefits for Women

- Builds full-body strength and muscle
- Supports bone density and joint health, especially important as women age[10]
- Improves posture and core stability[10]

Tips

- Start with a weight that feels challenging but doable (7–8/10 effort)[9].
- Use proper form to prevent injury and maximize results.
- Consistency and gradual progression are key for long-term success[13].

The 5×5 program is simple, scalable, and delivers excellent results for women seeking strength and muscle gains.

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